



Water Aerobics



Lehi Legacy Center
123 N Center St.
768-7124

LEHI LEGACY CENTER WATER AEROBICS

Looking to increase your cardio respiratory and muscular endurance levels?

Legacy Center Summer Aqua Aerobic Schedule- Effective June 1, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	ACT NOW Deep Susan		ACT NOW Deep Susan		WET N WILD Deep Jenn	
7:00 AM	Sr. Fitness Leisure Susan		Sr. Fitness Leisure Rochelle		Sr. Fitness Leisure Natalie	8:00 AM HYDRO MANIA Shallow Amanda/Susan

*Classes will be in the lap pool, unless otherwise noted. Legacy Center membership or daily fee required.

OUTDOOR POOL – 451 East 200 South – Summer Aqua Aerobic Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	INTERVAL TX Deep Tina	AQUA JAM Shallow Lisa	WET N WILD Deep Lynette	ACT NOW Deep Rochelle	INTERVAL TX Deep Tina	
7:00 PM	AQUA FUSION Deep Emily	AQUA JAM Shallow Natalie	ABC Deep Marybel	AQUA JAM Shallow Danielle		

*Classes maybe canceled due to weather. Legacy Center, Outdoor Pool membership or daily fee required

CLASS DESCRIPTION ON BACK

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

×QUICK FACTS

What.....Aerobic Classes

Where.....Lehi Legacy Center (Pool)

Who.....All Welcome!!!

Fees Member.....Free

Non-Members...\$3

***MORNING CLASSES ARE MEMBER ONLY CLASSES (5am-8am)**

INFORMATION

Effective June 2, 2008